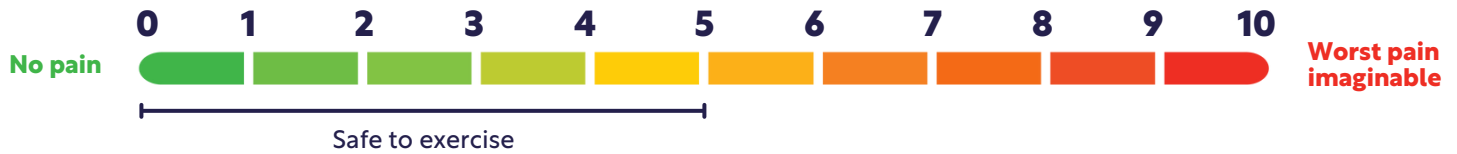


Aim to perform this programme a minimum of once per day unless prescribed otherwise. As with any new exercise, start slowly (repetitions as able) and build up as you are able within the guidelines below. Pain should not exceed 5/10 whilst completing this exercise programme.



1. Forward bending and arching in standing

- Start standing upright.
- Place your hands on your thighs.
- Slide your hands down your legs allowing you back to bend as you do.
- Go down as far as you feel comfortable and then slowly return to standing.
- Now continue until you arch backwards, moving the hips forwards as you do.
- **Perform this exercise up to 15 times, rest for 1 minute.**
- **Repeat routine 2 to 3 times.**



2. Standing rotation

- Start standing upright.
- Take your right arm up to shoulder height and out to the side.
- From here, reach across your body as far as you can until you are level with your left shoulder.
- You can move your upper body and pelvis but keep your feet on the floor.
- Repeat this motion using the left arm and then continue alternating between the left and the right arms.
- **Perform this exercise up to 15 times, rest for 1 minute.**
- **Repeat routine 2 to 3 times.**



3. Incline press up

- Stand in front of a solid surface that is around hip height, for example kitchen counter.
- Place your hands on the hip high surface and step backwards until you feel moderate force going equally through your shoulders.
- Bend your elbows to take your head and shoulders closer to your hands.
- Push against the surface to return to starting position.
- **Perform this exercise up to 15 times, rest for 1 minute.**
- **Repeat routine 3 times.**